

# PEOPLE PROFILE

## Q&A with Dawn Chubai: Host of Breakfast Television and Realty Television, Jazz Vocalist and Actress

V: I must give you kudos. You are a super woman. You host two shows - Breakfast Television and Realty Television on CityTV. You also are an accomplished jazz singer and act. Plus you are married! How do you make time to do everything that you do so well?

Dawn: Well, now that you put it that way - I guess I AM pretty busy - but honestly, I have such a great life, a great husband and I love what I do. I have been a Jazz Vocalist and Broadcaster for quite some time now. The acting is new for me - so yes - it all keeps me busy but it isn't overwhelming. It's ALL good!

V: Have there been times when it has been difficult to balance the shows, singing and acting careers? How did you deal with it?

Dawn: I am fortunate that City TV has been extremely supportive in my other endeavors (singing and acting) ...but there does have to be a balance - my priority is Breakfast Television, and being able to get up at 4am every weekday. So what I do during the week, whether it is a personal commitment or a work event has to take that into account. I often host charity and community events that usually take place on a weeknight - that's ok though - it's worth being a little tired the next day if I know I have helped raise money for a great cause!

V: What do you do during your down time?

Dawn: Sleep.

V: How do you incorporate a healthy lifestyle into your schedule?

Dawn: It is a conscious (and constant!!) effort. Sometimes I am so exhausted after a show that all I want to do is sleep. So I do. And when I wake up from my nap, I suck it up and drag myself to the gym. I like to think my excuse of getting up early is justification for being too tired (lazy) to work out. But you know everyone has a "thing", a reason to not do something. Mine is that I get up early. For others they have 3 kids to take care of. You just have to make the time. Make your health a priority.

V: You are a fantastic role model to children and young women. There are several charities and fundraising events that raise funds and work with youth that you support - The Variety Club, Children's Wish Foundation, and Big Sisters? What made you decide to focus on youth and young women?

Dawn: The appeal to help other women is so natural, I can relate. With Children, it's more about giving them the best possible chance in life. To



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Choose to be happy."

offer comfort despite a health ailment...an activity or a trip to a child with Special Needs...to offer companionship to a young teen knowing that it could help them feel confident and lead to a successful life down the road. These charities do such good work and provide such valuable services, I jump at the chance to participate where I can.

V: There are so many ways that you impact people. Have there been certain moments where someone has come up to you and told you that you have changed her/his life by inspiring them? If so would you like to share the story?

Dawn: Is it possible to change someone's life or to inspire them doing the weather? Hey, it's just TV - we're not saving lives out there but it is interesting how people are affected by what we do. The feedback I get the most is that I made someone smile. Or that I made them laugh....got their morning off on the right foot....and you know what? It may seem minor and insignificant but I'm OK knowing that I gave someone a little chuckle.

V: Has working on Realty Television changed you? Has the experience given you a fresh perspective on your own home? If so in what way?

Dawn: I wouldn't say it's changed me - My husband and I have maintained a solid interest in Real Estate for years. Since moving to Vancouver 4 years ago, we have moved 5 times!

I love the feedback and questions we get from our viewers. It's great to provide them with the information they need to make the process of homeownership less stressful.

V: If you had a crystal ball and could predict your future what would you like to see? Career wise? Personal?

Dawn: I find it difficult to try to predict where my life will end up. Never in a million years would I have guessed I would be where I am today. My personal life is fantastic. My career is fulfilling. Can I just predict happiness?

V: What inspires you and keeps you going?

Dawn: Career-wise, knowing that I'm part of something (BT) that's really fresh and exciting and that viewers are responding to our efforts. In my personal life, taking a few leaps of faith, making some scary decisions and the realizing that everything has happened as it should. And it's good....it's very very good.

V: What is your motto for life?

Dawn: Life's too short not to be happy. Choose to be Happy.

You can catch Dawn Chubai performing with the Dawn Chubai Quartet on New Year's eve at Diva at the Met. <<<

